

# The Clubhouse Network

promoting a positive image of mental health in the community

Opening Times	The American 01782 835220		
<b>Monday</b> 9:30am-4:00pm	10.00am – 12.00pm	12.30pm – 4.00pm	1.00pm – 4.00pm
	Training- subject to be confirmed	Pool Tournament	Social – Games/Activities
<b>Tuesday</b> 9:30am-4:00pm	10.00am – 2.00 pm		2.00pm - 4.00pm
	Sewing and alterations		Social – Games/Activities
<b>Wednesday</b> 9:30am-2:00pm	10.00am – 2.00pm		1.30pm
	Craft group		Walking Group (weather permitting)
<b>Thursday</b> 9:30am-5:00pm	10.00am – 2.00pm		From 2.00pm
	Art Workshop		Colouring Group
<b>Friday</b> 9:30am-4:00pm	10.00am-2pm		1.00pm – 2.00pm
	Model Making / Training Please ask staff for more details re training		Creative Writing
			2.00pm – 4.00pm
			Games and Quiz Afternoon

Opening Times	The Observatory 01782 272799		
<b>Monday</b> 10:00am-8:00pm	<b>Women Only Service</b>		
	Art and crafts, Relaxation, Bingo – 10.00am-4.00pm Art Workshop – 6.00pm-8.00pm		
<b>Tuesday</b> 10:00am-2:00pm	10:00am – 2.00pm		
	Art Workshop		
<b>Wednesday</b> 12:00pm-4:00pm	<b>Jam Factory</b>		
	Guided Music Workshops. Electric, acoustic instruments, digital track recording, karaoke. Referral required. Call the Observatory on 01782 272799 for an appointment to view the project		
<b>Thursday</b>	Closed		
<b>Friday</b> 10:00am-4:00pm	<b>Man-days on Fridays</b>		
	10:00am – 12:30pm	10am – 1:00pm	1:30pm – 4:00pm
	Bookable guitar lessons, Music studio bookable practice sessions	Photography Club	Art. Informal band performance/rehearsal

Opening Times	twentyfourSeven 0300 123 1535 Ext 1470		
<b>Monday</b> 9:00am-9:00pm	Social Space – Craft, Art, Pool, Board, Games, Chat		
<b>Tuesday</b> 9:00am-9:00pm	Social Space – Games and Quiz afternoon		
<b>Wednesday</b> 9:00am-9:00pm	10.00-2.00pm Art Workshop		
	11.00-2.00pm Craft Karaoke Evening 4.30pm start –see notice board for details		
<b>Thursday</b> 9:00am-9:00pm	Social Space – Art, Pool, Board, Games, Chat, Bike Hire		
<b>Friday</b> 9:00am-9:00pm	Social Space – Art, Pool, Board, Games, Chat, Bike Hire		
	Hand Massage-by appointment only 12.00-2.00pm		
<b>Sat / Sun</b> 9:00am-9:00pm	<b>Social Space – Art, Pool, Board, Games, Chat</b>		
	<b>Saturday Breakfast Club 'free tea and toast' 9am-12 noon</b>		
	<b>First Sunday of every month- Nail Art</b>		
<b>Tuesday</b> 10.00am-2.00pm	<b>Clubhouse Pop Up (social group)</b> Longton Fire Station, Normacot Tel: 07824 638088 (for more information)		
<b>Thursday</b> 10.00am-2.00pm	<b>Clubhouse Pop Up (social group)</b> Meir Community Centre, Pickford Place, Meir Tel: 07824 638088 (for more information)		

Note: Clubhouse memberships completed Monday to Friday 9.30am-4pm at all sites listed above